

THE KITCHEN CABINET

The reason why men who mind their own business succeed is because they have no little competition.

Know how to give without hesitation, how to lose without regret, how to acquire without misgiving.

TASTY VEGETABLE DISHES.

When sowing garden seeds, do not fail to grow some of the delicious Chinese or colored cabbage. As a salad it rivals lettuce, while cooked like spinach it is delicious. It is a "green" and should be sown until August and before the first frost it is stored in the cellar for winter use.

Stuffed Cabbage.—Remove the wilted leaves from a three-pound head of cabbage, then break off enough leaves to line a bowl the size of the cabbage. Shred the cabbage, add a tablespoonful of butter and just water enough to cook it without burning; stew for twenty-five minutes. Scald three-fourths of a cupful of milk, pour it over a cupful of bread crumbs, add six eggs, unseasoned, and then a teaspoonful of salt, a fourth of a teaspoonful of pepper and an onion, minced and browned in a tablespoonful of butter. Combine this with the cabbage, mixing well. Lay a large square of cheesecloth in a bowl, place it in the cabbage leaves, arrange them in the shape of the cabbage, fill with the mixture, tie up tightly and plunge into boiling water, slightly salted. Cook two hours, drain and serve with a brown butter sauce, as a dish taking the place of meat.

Fried Cauliflower.—Four cups of cauliflower, head down, in cold, salted water to dislodge any insects, separate into flowers and parboil ten minutes; drain until dry on a cloth or paper towel. Dip first in one egg beaten with a half cupful of milk, season with salt, pepper and then in finely ground bread crumbs. Fry in deep fat until brown. Test the fat by dropping in it a cube of bread; if it browns in forty seconds it is of the right temperature.

Pumpkin Souffle.—Stir a tablespoonful of butter into a cup of pumpkin pulp, add the beaten yolks of three eggs, three-quarters of a pint of thin cream, a tablespoonful of sugar, a little salt and paprika to taste. When well mixed fold in the beaten whites of the eggs, pour into a buttered baking dish and bake until firm. Serve at once.

The most completely lost of all our days is the one in which we have not laughed.

Great minds have purposes; others have wishes.

SOME MAIN DISHES.

In preparing a main dish the dessert will vary, as a table d'hôte should be preceded by a heavy main dish and vice versa.

Hamburg Luncheon Dish.—Mix two tablespoonfuls of salt and a fourth of a teaspoonful of pepper with a pound and three-quarters of ham-burg steak and pat into a thin loaf. Sprinkle the bottom of the roasting pan with four and salt, place the meat in the pan and broil with four; place six strips of bacon over the meat and eight small, round potatoes around it after they have been parboiled ten minutes. Dust with flour and dot with bits of butter on each.

Roast for thirty minutes in a moderate oven. In the meantime heat a can of vegetable soup and when the meat is done, place it on a platter, pour the hot soup around it and garnish with the potatoes.

Pot Roast of Veal.—Try out two ounces of suet and remove the cracklings. Put a few slices of suet in the fat and brown carefully; remove from the pot and add a pint of stewed tomatoes, three sliced carrots, two teaspoonfuls of salt and an eighth of a teaspoonful of pepper; add a pint of stock and the meat with the bones and cook slowly for four hours. When the meat is tender remove and let it cool slightly so it will not fall apart when carved. Thicken the gravy with flour, add a teaspoonful of Worcestershire sauce and serve.

Salmon Loaf.—Drain a pound of salmon and shred fine, add three eggs, yolks well beaten, a half cupful of crumbs, a tablespoonful of melted butter and the egg whites beaten stiff. Mix well and bake in a buttered baking dish until firm.

Better Than Kerosene.—Alcohol is the best thing to use in cleaning the sewing machine. It is applied with absorbent cotton held in a small pair of forceps the fingers can be kept clean, and the oil and dust will be found to disappear very quickly. Alcohol does not leave its traces on the material you are sewing on, as kerosene is very apt to do.

Daily Thought.—The greatest success is confidence, or perfect understanding between sincere people.—Emerson.

BRIEF INFORMATION

On the basis that every grain of wheat will produce 50 of its kind, a German scientist has figured that the third year progeny of a single grain would give 500 men food.

Denmark prohibits the sale or exportation of butter containing more than 16 per cent of water.

British India has 76,181,000 acres in rice.

Spain's 13 mills produce 4,000 sacks of flour daily.

Nearly 11,000 women have enrolled as female police in Italy and they will undergo special physical training and wear uniforms.

The French government allows the wife or woman dependent on a soldier 25 cents a day, plus five cents a day for each child.

A Honolulu mother is said naively to have named a male child Mrs. Tompkins. Poor Pussy, Mrs. Turkey, Mr. Scissors and The Man Who Washes His Dimples are other decorations in the Hawaiian directory.

It was the gallant custom of Frederick the Great, when he met a woman walking on the street, to shake his stick at her and remind her that a woman's place was home.

If his ghost should take to the streets of Berlin in the year 1916 in the wee small hours when ghosts love to wander, he would be confronted by a woman night watchman, neatly uniformed and armed with a club which she would probably shake at the shade of the famous antifeminist, and invite him to follow his own precious advice to women, Judge says.

When Frederick the Great set the ball rolling that landed Europe in the trenches, the exodus of women from the home, as a by-product of Prussian militarism, was not included in his calculations.

Patience—Will is a pretty smooth proposition.

Patience—Yes, when he don't forget to shave.

In Woman's Realm

Extremely Pretty Dress for Summer May Be Made of Plain and Dotted Organdie, Though Other Materials May Be Chosen—Selection of the Veil Is Most Important—Innumerable Patterns From Which to Choose.

A very pretty and summery dress of plain and dotted organdie achieves fine style by combining these familiar materials. Organdie in cottons, as tulle in silk, has proved peculiarly well adapted to the styles of today. The originality of the model lies in combining the plain and dotted surfaces so that they play part of equal importance, and it suggests the use of other goods in the same way.

In the model shown the body and skirt are of the plain organdie. Five

millinery. Those to be worn over the face are of unbroken mesh with all sorts of fancy borders, and are woven of fine halflife threads, so that they will not interfere with the vision. Others, to be thrown back, are purely an adjunct of the hat and show surfaces broken by big polka dots of flat sequins, or lace patterns in conventional and floral designs.

These small veil-trimmed hats are very chic, but this management of the veil is quite outside the real realm of



SUMMER DRESS.

graduated ruffles of the dotted organdie encircle it, the first and widest about the hem and because they are becoming. There are so many patterns to choose from that a selection is a matter of trying them on as in choosing a hat or a color for a gown. One may buy a mesh in almost any shape, as square, round, diamond shape or hexagonal. Borders vary also and there are several colors to choose from. Taupe, brown, gray and purple tones with several shades of dark blue, make it worth while to experiment, as they are adapted to varied complexions. Black remains most popular, but is not always the happiest choice. The threads of which veils, and especially black veils, of today are woven are incredibly fine, and the heavy veil has no following.

There is no duty we so much undertake as being happy. By being happy we sow anonymous benefits upon the world, which remain unknown even to ourselves.—R. L. Stevenson.

FISH DISHES.

As fish dishes of various kinds are always in season a few different ways of serving them may be helpful.

Fish Balls.—Remove the skin and bones from a three-pound fish and shred the fish very fine, add three-fourths of a cupful of water and a good sized onion, chopped fine, a cupful and a half of bread crumbs, a fourth of a cupful of sugar, one and a half teaspoonfuls of salt, a fourth of a teaspoonful of pepper, three eggs white and two tablespoonfuls of melted butter. Mold the mixture after blending well into balls. Put the skin and bones of the fish into a saucepan, add a second onion, sliced, and a tablespoonful of butter, drop in the fish balls and cover with boiling water and simmer for one and a quarter hours. Remove the balls and strain off the liquor on to three egg yolks slightly beaten, stir until thick but do not boil. Pour over the fish balls and serve either hot or cold.

Black Bass Baked.—Take a bass weighing three pounds. Sprinkle with salt and pepper, place a thick brown paper in a dripping pan, lay the fish on it skin side down, and dust with salt and pepper, and dot with bits of butter, using two tablespoonfuls. Bake in a hot oven eight hours, when the skin is done, slip a spatula under the fish and slide it on to a platter the skin will slide off to the paper.

Bananas dipped in flour and fried in hot fat, and sprinkled with a slight squeeze of lemon, makes a fine relish with broiled fish.

Neely Maxwell

Famous Red-Headed Persons.

The list of red heads who did great things is a long one. Julius Caesar, world genius, was red-headed. So was Robert Bruce, and so was Queen Elizabeth. It is reported that Helen of Troy, Dido, Cleopatra and Alexander the Great were red-headed. It was said of Thomas Jefferson that "he had the red head in Albemarle county." Swinburne, the poet; John Bunyan, author of Pilgrim's Progress; Schiller, the poet, all had polka of blazing red.

Quality of Gasoline.

A single gallon of gasoline will milk 300 cows, bale four tons of hay, mix 25 cubic yards of cement, move a ton truck 14 miles, plow three-fifths of an acre of land or generate sufficient electricity to illuminate a farmhouse for 30 hours.

Oh, Hush!

An authority on zoology, Ellen Velvin, author of "From Jungle to Zoo," says that there are only two absolutely dumb animals in the world. They are the giraffe and the kangaroo.

Embroidery Hint.

It is interesting to copy the designs of good china in embroidery, whether in silk or wool, upon any suitable ground. One woman has just embroidered the familiar blue Copenhagen china design on white for a table centerpiece to go with her own Delft china. The many colored little bunches of flowers that are hand painted on Worcester and other old English china are just as fascinating when you see them worked on quilts, cushions and the like.

How Times Are Changed.

It was the gallant custom of Frederick the Great, when he met a woman walking on the street, to shake his stick at her and remind her that a woman's place was home.

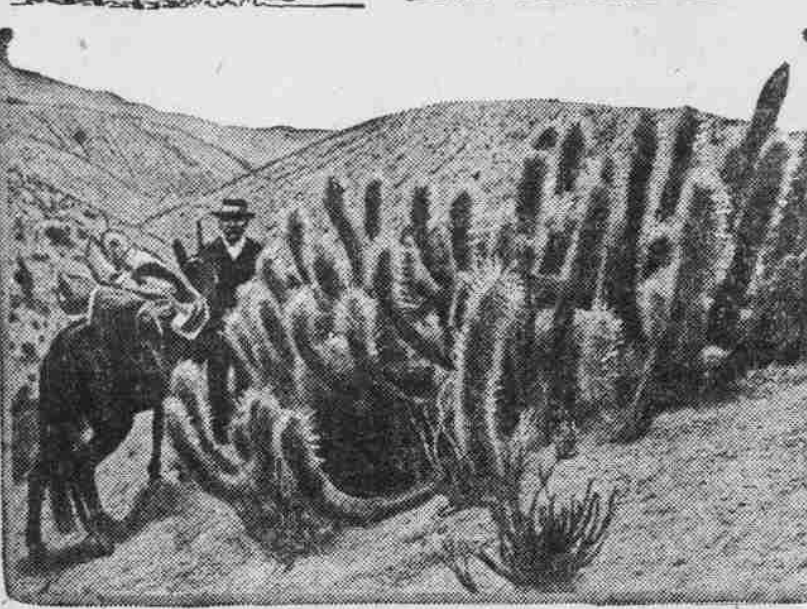
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South American Trails



THE HIGH DESERTS OF PERU

PROBABLY no place in the world gives the traveler more contrasts in trail, scenery and climate than do the Andes in the last range of the Cordillera. From the barren snow line at the ridge down to the headwaters of the great Amazon system is but a few hundred miles, yet in this distance four distinct changes in the fauna and flora are apparent. Starting over a hard open road where we made eighteen or twenty miles a day, the trail winds down through a rolling country until the last pass is crossed and the first signs of tropical vegetation appear, writes Lee Garnett Day, of the Collins-Day South American expedition, in the American Museum Journal. Then through the mountains of the Yungas the route lies over forested hill and dale of along narrow-gauge trails, and eventually reaches lower planes where the freshets from the snow-capped peaks and streams at last enter rivers. Here amidst the most abundant tropical growth, the paths underfoot more often resembled swamps than terra firma and five or six miles were considered a good day's work. In fact, the stream beds often proved better trails than the machete-cut roads through the palm and canebrakes.

Crossing South America from Mollendo on the west coast to Para on the east, by far the most eventful part of the journey is the 500 miles by mule trail from Cochabamba, high in the Cordillera, to Todos Santos, the headwaters of the Amazon, 3,400 miles above its mouth. Cochabamba itself is a city of 60,000 inhabitants, the greater number of whom have never left its suburbs. A railroad is in course of construction, but from Arque, the terminus of the rail, all commerce must pass by mule pack for two days over the bowlders of the river bed. We reached Cochabamba from Mollendo by rail, lake steamer and coach. After crossing the first two ranges of the Cordillera by rail, we ascended the third by pack train starting from Cochabamba. Our party consisted of Messrs. Alfred Collins, Willard Walker, George K. Cherrie, Robert Becker and the writer; and after securing 28 mules and mule drivers, we started for the head of the pass and the tributaries of the great Amazon river beyond.

Mule Trail Hard to Follow.

The mule trail from Cochabamba to Todos Santos is far from an easy one to follow, notwithstanding that it is constantly traveled, being the route for most of the commerce between the low hot grazing lands of Bolivia at the eastern base of the Andes, and the high, well-populated tablelands around La Paz, Cochabamba, Oruro and other cities. It is always very rough, passes through heavy woods, over ridges along sides of cliffs, up or down a stream, and is often difficult even to the rainy season when pools of mud and rotten roots hinder the way in the woods and mule drivers passing previously have often left the path in search of better going, thus making false trails unsafe to follow unless with a very experienced guide.

The short journey up from Cochabamba was hot and dry, over trails covered with white dust, but the last divide we crossed in a thick mist and turning due north from the Santa Cruz trail, seemed suddenly to have entered another country. Almost perpetual rain was now encountered, and the precipitous nature of the descent, about five thousand feet in twenty-four hours, made traveling decidedly uneasy and in parts dangerous, due to the paths being water courses from which all mold had been washed away. Wet, slippery rocks and often mudslides of loose, small boulders, made it necessary to walk most of the way.

Nature Is Ruthless.

Nature is ruthless, and where her way is unobstructed there is no peace save the peace of death; and the feud stream of life, especially of life on the lower levels, flows like a torrent out of nonexistence for the briefest moment before the enormous majority of the beings composing it are engulfed in the jaws of death, and again go out into the shadow.—Theodore Roosevelt, in Scribner's Magazine.

Snails Very Nutritious.

"All snails are edible and nutritious," says Canon Hersley in a book on British land and fresh water molluscs, just published. He goes on to say that even the common or garden snail, though insipid, is as nourishing as calf's-foot jelly.

There is a large white-shelled snail called Helix pomatia that is common in Italy and France, and is much eaten by connoisseurs in the South of France. It is said to be as nutritious as food. In France there are many small farms which yield a good profit to their owners. In the French

according to their rank: To the emperor, the eagle and vulture; to kings, the herons; to earls, the peregrines; to yeomen, the goshawks; to priests, the sparrow hawks, and to servants, the useless kestrels.

Threats Explained.

Mrs. Eke—My husband got a letter today saying something dreadful would happen if he didn't send the writer a sum of money.

Mrs. Wye—My husband gets dunned for his bills, too.—Boston Transcript.

Quaint Economies.

The most curious example of war economy, as practiced in London, is that two of the greatest London stores have now dropped apostrophes in their announcements and catalogues. A large tea shop firm issue advice to economists by way of a notice on their tea tables. One suggestion is that if people who formerly took two lumps of sugar would now take only one there would be a saving of money to the nation and assistance in carrying on the war. Some of the customers have acted on the advice, but fearful that they might embarrass the firm by making their economy a matter of public to them, make a habit of unobtrusively pocketing the second lump to be used at home. Empty tin cans have now a value, and one firm has exchanged a pound of their coffee for one and a half dozen coffee tins.

Wind Imprisons Woman.

Imprisoned in a closet by the wind slamming a door fast, Mrs. Mollie Cordery, who lives near Bridgeville, Del., had a narrow escape from death, and when discovered was nearly overcome by the shock.

Mrs. Cordery was cleaning the attic and while she was looking in an old closet a gust of wind slammed the door and locked it from the outside. There was no one but herself in the house, and it was nearly an hour before Mrs. Cordery's screams happened to be heard by a gang of men who were repairing the road. With all the doors locked downstairs, Harry Richards climbed to the second floor and got through by a window. When Mrs. Cordery was found she was in a pitiable state. She is still seriously ill from the shock.

Urges Use of White Materials.

Spokane (Wash.) laundrymen have begun to urge their patrons to use white goods. A preliminary report that since the war began many of the dyes used to color wash goods have proved to be inferior and will not stand washing. Red and black dyes are the colors that "run" the most, according to the laundrymen.

Slight Misunderstanding.

"Was his crime premeditated?" "I don't think so. He thought it all out beforehand, you know."—Life.

DESERVES WELL OF FARMER

Phoebe's Voice Is Faint and She Certainly Is Not Pretty, But She Hates All Beetles.

After you're well acquainted with the phoebe and catch some of her spirit of friendliness and companionship, you won't care a snap of the finger that she can't sing very well, nor that she isn't good looking. You'll welcome her in spring just as if she were a Venus for looks and Melba for voice. You'll listen for her first notes and say: "There's Phoebe back again."

She's the earliest arrival among the flycatchers, reaching here about March 21, even before the flies. She seeks out her last year's home under the bridge, or beneath the rafters of the barn, and starts renovating her nest. Often when an unscrupulous crowbird usurps the nest, she will chase the eggs of her own, the phoebe will build another nest atop the old one and start house-keeping over again as if nothing had interrupted.

We've remarked that she couldn't sing, yet her little "phoe-bee" note is in fact the earliest of the springtime. We've said she wasn't beautiful, yet her dull olive-brown coat, with a yellowish-white breast are far more attractive than some birds of gay plumage. The phoebe is beautiful because she is useful.

From the time of her arrival until she leaves nest in the fall she is warring on the farmer's enemies. She'll sit on a mullen stalk and watch for a beetle. Suddenly she will dart into the air and her bills go shut with a snap—good-by beetle. She is a forerunner of the warblers, because she eats the elm leaf beetle, because she eats the May beetles and click beetles, which injure crops. She is the gardener's friend because she eats the squash beetle.

In fact, she is the friend of everyone except the beetles.—Philadelphia North American.

Long Time in Transit.

On October 3, 1883, a clerk in the employ of a New York steamship broker mailed a letter to the master of the Swedish bark Superior at Marcella.

The letter was never delivered. But in the autumn of 1913 it was returned to the steamship broker's office, stamped all over its face. The best explanation offered for its 30 years in transit was that it had lain in the Swedish consulate at Marcella all those years, and that during a house-cleaning was found and resealed.

In the post office department officials tell of a letter that was mailed from there in 1852, addressed to Robert S. McKay at New Orleans. The letter followed Mr. McKay to Russia, where he was a consulate attaché. But he had died there and had left in his will a provision that all his papers should be locked up until his five-year-old son and namesake attained his majority.

When 1868 arrived the son was traveling and exploring in Africa. A law clerk, not knowing the provisions of the 1852 will, supposed the letter was for the present Mr. McKay and started it forth again. It rested in Cape Town through error until the year 1871.

When it was started back to New Orleans Mr. McKay had left for exploration in Chile. Letter and address finally got to New Orleans in 1874. And strange to say, matters of business importance to the father were still of business interest to the son.

Fatal Error.

"I thought you had given up burnt-wood art, dear."

"Ferdinand, how can you be so heartless? This is pie."—Kansas City Journal.

Allen's Foot-Ease

The Antiseptic Powder to Shake Into Your Shoes

and use in the Foot-Bath. Gives instant relief from itching, swollen, perspiring, smarting, nervous feet. Stops the stings of corns and bunions.

Read the best extracts from original testimonials on file in Allen's Foot-Ease works like magic. Have placed some in this paper. It is the best of the greatest remedies ever made.

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FREE TRIAL PACKAGE

ALLEN S. OLSEN, 1111 Broadway, N. Y.

Your Liver Is Clogged Up

That's Why You're Tired—Out of Sorts—No Appetite.

CARTER'S LITTLE LIVER PILLS

will put you right in a few days. They do their duty.

Cure Constipation, Bilelessness, Indigestion and Sick Headache. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Don't Out A Shoe Boil, Capped Rock or Bursitis

FOR ABSORBINE

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and home can be worked. \$2 a bottle delivered. Book 6 M free.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

Relieves Feverishness, Constipation, Colds and corrects disorders of the stomach and bowels. Used by Mothers and Children. Price 25c. Sold by Druggists or delivered. Will send you more if you write.

Rest Those Worn Nerves

Don't give up. When you feel all unstrung, when family cares seem too hard to bear, and back-ache, dizzy headaches and irregular kidney action mystify you, remember that such troubles often come from weak kidneys and it may be that you only need Doan's Kidney Pills to make you well. Don't delay. Profit by other people's experiences.

An Indiana Case

Mrs. Agnes Main, 113 Michigan Ave., Hammond, Ind., says: "I couldn't get on account of sharp, shooting pains in my back. The passage of the kidney was completely stopped and my head ached for hours at a time. I often got so dizzy I had to grasp something for support. I was so weak and lost weight. Doan's Kidney Pills cured me and I have felt fine since."

Get Doan's at Any Store, or H. D. & P. DOAN'S KIDNEY PILLS

POSTER-MILBURN CO., BUFFALO, N. Y.

POSED WITH HIS 600 WIVES

When the British Captured Fumban the King Was Given a Ball and Reception.

A reception and dance was given to the British force by the king of Fumban shortly after the capture of this province from the German forces. The function was featured by a speech from the throne and the taking of a photograph of the king and his 600 wives and 149 children.

Soon after the last of the fighting in the province the conquerors accepted an invitation from the king to visit the palace grounds, which open on the market place. Here they were met by the king, dressed in new flowing robes of blue with a blue muffer tied around his neck.

After the soldiers were lined up at seats on either side of the market place the king made a short speech, first in his native tongue and then in plain English, admonishing his subjects to be kind and courteous to the new conquerors.

Then the dance began. The orchestra was made up chiefly of various sized drums made of hollow trees and stretched skins. The only other instrument was a species of rattle, with which most of the natives were armed, and with which they kept remarkable time.

Only Sowed.

After being with Swankows for some years as a general, Mr. Mary married. She was a good housewife, but she had become imbued with lofty ideas from her mistress.

One day Mrs. Swankows called on Mary to see how her house was. It was all very comfortable and clean, and Mrs. Swankows said: "And, Mary, she said, presently, 'have you got nice neighbors?'"

Mary drew herself up slightly. "Well, mum," she replied, "as you know, I don't live with poor friendly all at once, I don't never answer. But, of course, we always bow when we meet at the asphalt!"—Pearson's Weekly.

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